

# **The Center at Priscilla Place**

## ***Senior Center serving adults age 55+***

### **April 2017**

**23 Priscilla Place • (203) 452-5199**

**Monday through Friday 9:00 AM—4:00 PM • Thursdays 9:00 AM -7:00 PM**

**The Center will be closed in observance of Good Friday on April 14th.**

### **Healthy Hearts Cooking Demo**

**Wednesday, April 12th**

**10:30 AM**



Join us for a heart healthy cooking demonstration that is sponsored by St. Joseph's Center in Trumbull. For more information and to RSVP, please call (203) 452-5137.

### **Upcoming Day Trip:**

**Hyde Park**

**Culinary Institute—FDR Home & Museum**

**Wednesday, June 7th**



**For more information, please see page 10.**

### **Evening Programs:**

**Please join us!**

### **Spring Yoga Series with Wendy**

**Thursdays: March 9th — May 25th**

**6:00 PM – 7:00 PM**



This gentle beginner yoga class will guide you through easy stretches and break down the fundamental asanas (yoga poses). You will leave the class feeling a sense of wellbeing, energized, relaxed, stress-free and renewed! \$5.00 per class or \$45.00 for 12 sessions. To RSVP, please call (203) 452-5137.



### **Mark Albertson: Decisive Day**

**Thursday, April 6th**

**6:00 PM-7:00 PM**

April 6, 1917 marks the centennial of America's entry into the Great War. On this day, Congress codified, with its Declaration of War, that America was now a Global Power. This talk will trace that progression of America as a colonial backwater to becoming a Global Power; which in turn, changed the meaning of Manifest Destiny, from an agenda of continental expansion to that of a program for globalism and hence, Pax Americana. To RSVP, please call (203) 452-5137.

### **The Trumbull Senior Center**

**Presents:**

### **A Panel Discussion**

**April 20th—5:30 PM**

Do you and/or a family member have questions about home care and living options, legal direction, and facility living? If so, please join us on April 20th for a presentation and panel discussion about these important topics from panel experts:

**Melissa Hripak—Genesis Healthcare/St. Joseph's Center Trumbull**

**Paul Doyle—Oasis Senior Advisors**

**Ann Fowler-Crus—Elder Law Attorney with Cohen & Wolf**

**Jay Kiley—Owner and Regional Developer for SYNERGY Home Care**



For more information and to RSVP, please call (203) 452-5137.

The Trumbull Senior Center acts as a community resource and conduit to other services available to senior adults, aged 55 and older. The center offers a central location where individuals can receive information and services of interest to older adults. It is also a designated focal point, which provides a comprehensive delivery of services essential for maintaining the health, independence and well-being for members. The center strives to prevent isolation and encourages socialization.



**First Selectman** (203) 452-5005  
Timothy M. Herbst

**Senior Commission Chair**  
Amy DeZenzo (203) 261-0872

**Director of Human Services** (203) 452-5199  
Michele Jakab

**Administrative Assistant** (203) 452-5137  
Ashley Ryan Grace

**Senior Center Receptionist** (203) 452-5199  
Jeannie Franco

**Social Services** (203) 452-5198  
Jennifer Gillis: Outreach Coordinator

Jane Horton: Pantry Coordinator  
(203) 452-5135

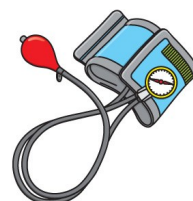
**Wellness Nurse** (203) 452-5134  
C. Teresa Cryan, MSN, RN

## 2017 Senior Citizen Commission

Chairman - Amy DeZenzo  
Vice-Chairman - Dee Chiota  
Secretary - Gail D'Elia  
Clerk - Barbara Crandall  
Ron Foligno, Roberta Bellows  
Evelyn Wiesner, Dorothy Merritt  
Mary Moran

## News from the Health Department

**GET A FREE HOME BLOOD  
PRESSURE MONITOR KIT  
AFTER COMPLETING SIX  
WEEK PROGRAM**



### Trumbull Health Department

The high blood pressure self care prevention program is a six week workshop that will focus on:

- Tools to take control of your blood pressure
- Home monitoring of blood pressure
- Learning the differences between normal vs. high blood pressure
- Healthy Eating & Physical Activity
- Medications & Treatment
- Meditation & Relaxation

**Date: Wednesdays: 4/5, 4/12, 4/19, 4/26 & 5/3**

**Time: 6:30 PM-8:30 PM**

**FOR MORE INFORMATION AND TO  
REGISTER, PLEASE CALL 203-452-1031**



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## Monthly Programs and Games

### Coffee Talk with Kaitlin

**Every Thursday**

**10:30 AM**

Join Kaitlin for conversation, relaxation, and great coffee. Coffee and snacks served. Kaitlin is a senior at Sacred Heart University studying Social Work.

### The Computer Bar

**Every Tuesday**

**1:00 PM—3:00 PM**

Computer not working? Tablet misbehaving? Is your phone acting up? If you have questions we have answers! Our crack team of geeks will be happy to give you some one on one assistance to get your devices up and running to peak perfection! There is a \$2.00 suggested donation for this service.

### Computer Tutor: One on One Sessions

**Cathleen Lindstrom**

**Every Thursday**

**10:30 AM—12:00 PM**

- How to send emails/photos
- How to create a spreadsheet or lists
- What programs to use for letter writing and/or flyers.
- How to use the internet, social media
- How to do almost anything!

For more information and to sign up, please call (203) 452-5137. **Spots fill quickly.** The cost is a suggested donation of \$5.00 for non residents. There is no charge for residents.

### Lunch and Movie

**Friday, April 21st**

**11:15 AM—1:00 PM**

Sponsored by Ludlowe Center for Health and Rehabilitation.  
**Feature Film: Life on the Line**  
Beau is one of the hardworking men who risk their lives to work "on the line" and keep the electric grid running. As a deadly storm hits, Beau must face down impending disaster and keep his community safe. **Starring:** John Travolta. Please RSVP by calling (203) 452-5137.

### Trumbull Senior Citizen Commission Meeting

**Friday, April 28th**

**10:00 AM**

Meetings are held in the Long Hill Conference Room located in Town Hall and are open to the public.

### Monthly Birthday Party

**Thursday, April 28th**

**11:30 AM**

Come celebrate our April birthdays! Cake and coffee will be served. This event is sponsored by Synergy Home Care. To RSVP, please call (203) 452-5137.

### Lunch Program

Join us for a hot lunch  
Monday-Friday at  
11:45 AM.

Reservations are required.

Call (203) 378-3086

See page 16 for our menu.

## Games

### Bingo

**Friday, April 28th**

**1:00 PM—2:30 PM**

Prizes and refreshments! Seating is limited. Please RSVP by calling (203) 452-5137. This event is sponsored by the Trumbull Senior Commission and Synergy Home Care.

### Bridge

**Mondays**

**10:30 AM**

Please come and make up your own foursome. There are no instructions.

### Poker

**Mondays and Thursdays**

**9:00 AM—3:30 PM**

Come join us for a fun game of poker. Don't forget to bring your poker face! Located in the card room.

### Texas Hold'em

**Wednesdays and Fridays**

**10:00 AM—3:30 PM**

Interested in playing Texas Hold'em? Join us in the card room.

### Pinochle

**Wednesdays and Thursdays**

**Fridays**

**12:30 PM**

Join a game and/or start your own!

### Mah-Jongg

**Fridays**

**12:30 PM**

Mah-Jongg players meet Friday afternoons in the library and the meeting room. New players are welcomed to join!



## Workshops, Lunch and Learns, Events

### Mark Albertson Presents:

**Thursday, April 6th**

**6:00 PM**

Decisive Day, April 6th, 1917  
(Trumbull Senior Center)

**Wednesday, April 19th**

**10:30 AM**

Electoral College  
(Trumbull Senior Center)

**Wednesday, May 15th**

**6:30 PM**

A Well Regulated Militia  
(Fairchild-Nichols Memorial Branch Library)

### Lunch and Learn

#### Resources for Low Vision

**Tuesday, April 11th**

**11:00 AM**

The Lions Low Vision Committee of Fairfield & New Haven Counties will feature a presentation about issues and resources concerning low vision problems. Lunch will be sponsored by Comfort Keepers. For more information and to RSVP, please call (203) 452-5137.

### Healthy Hearts Cooking Demo

**Wednesday, April 12th**

**10:30 AM**

We are excited to announce that St. Joseph's Center in Trumbull will be present to hold a heart healthy cooking demo at the Center. For more information and to RSVP, please call (203) 452-5137.

### Lunch and Learn

#### Energize Connecticut

**Tuesday, April 18th**

**11:30 AM**

Join us for a trip to the Energize Connecticut Center in North Haven for a tour and lunch. To RSVP, please call (203) 452-5137.

### Community Acupuncture

**Monday, April 10th and 24th**

**10:30 AM**

Are you interested in trying acupuncture? Join us for a group acupuncture session with Licensed Acupuncturist, Jim Fitzpatrick. \$15.00 for one hour session. For more information and to RSVP, please call (203) 452-5137.

### Panel Discussion

**Thursday, April 20th**

**6:00 PM**

This event will answer questions for seniors and their families who may be searching for legal direction, living options, home care options and information on facilities. For more information and to RSVP, please call (203) 452-5137.

### Computer Lab Hours:

**computers available for use**

**(no instruction available)**

Mondays: 9:00 AM — 4:00 PM

Tuesdays: 11:30 AM — 4:00 PM

Wednesdays: 9:00 AM — 4:00 PM

Thursdays: 12:30 PM — 4:00 PM

Fridays: 9:00 AM — 4:00 PM

### Lunch and Learn

#### Fraud Watch

**Wednesday, April 26th**

**1:00 PM—2:00 PM**

The AARP Fraud Watch Network will hold a presentation about identity theft, investment fraud and how to protect yourself against scams. Lunch will be sponsored by the Watermark at 3030 Park. For more information and to RSVP, please call (203) 452-5137.

### *Upcoming Events:*

#### Medicare Boot Camp

**Thursday, May 4th**

**5:30 PM**

Lisa Alhanal, Senior Medicare Patrol Coordinator and CHOICES Counselor from the Southwestern CT Agency on Aging will be conducting a presentation about the ABCs of Medicare, Medicare Part D and the Medicare Savings Program. For more information and to RSVP, please call (203) 452-5137.

#### Prevention of Medicare

##### Fraud

**Thursday, May 11th**

**10:30 AM**

The Southwestern CT Agency on Aging will conduct a presentation about the prevention, detection and how to report suspected Medicare fraud and common consumer scams. For more information and to RSVP, please call (203) 452-5137.



## Exercise Classes

**Stretch/Strengthen with Nancy-Mondays at 9:00 AM** Stretch, balance, aerobic and strength exercises to improve flexibility and endurance. Optional: bring weights

**International Folk Dance-Mondays at 10:00 AM** A wonderful exercise for your mind, body and spirit.

**Intermediate Line Dance with Shirley-Mondays at 12:45 PM** Line dance to different types of music.

**Yoga with Jeannie-Mondays at 2:00 PM and Wednesdays at 9:00 AM** This is an ancient practice that focuses on rhythmic deep breathing, balance, strength and flexibility.

**Fit for Life Exercise with Marylou-Tuesdays at 9:15 AM** Low-impact aerobic exercise/dance (including a weights segment). Focus: balance, flexibility, strength and endurance.

**Ballroom Dance with Mike Stavola-Tuesdays at 10:30 AM** Ballroom dance lessons with or without a partner.

**Zumba Lessons with Mike Stavola-Tuesdays at 11:30 AM** Have fun while you dance to energetic music!

**Tai Chi Quan for Better Balance with Alma-Tuesdays at 1:30 PM** Focuses on improving balance, reducing stress and clearing your mind.

**Jazzercise with Marylou-Wednesdays at 10:10 AM** Combination of low-impact aerobic exercise and dance that focuses on balance, flexibility, and strength.

**Tap Dance with Shirley-Wednesdays at 11:00 AM** Experience required. Please bring your own tap shoes.

**Balance, Core Strengthening and Stretch (Pilates)-with Jeannie-Thursdays at 9:00 AM** This class focuses on breath, balance, core and total body strength and stretching.

**Jazzercise with Jeannie-Thursdays at 10:15 AM** A fun aerobic exercise which builds strength and flexibility through dance moves to awesome music.

**Chair Exercise with Nurse Teresa-Thursdays at 11:00 AM** Guided 30 minute class where we gently bend and stretch along with a video demonstration.

**Latin Line Dance with Mike Stavola-Thursdays at 11:30 AM** Ballroom cardio dance to international music.

**QiGong with Julie-Thursdays at 1:30 PM** An ancient Chinese martial art that integrates balance, breathing techniques, and posture. Tea will be served.

**Yoga with Wendy-Thursdays at 6:00 PM** A gentle beginners yoga class that incorporates stretches, breathing techniques and fundamental yoga poses. \$5 per class. \$45.00 for 12 sessions.

**Zumba Gold with Jeannie-Fridays at 9:00 AM** Dance to international music while toning the entire body.

**Tai Chi with David-Fridays at 10:15 AM** An ancient martial art that helps improve balance, relieve stress and pain.



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### AARP Tax Aide

**Free tax preparation from AARP**  
**9:00 AM - 12:00 PM each Wednesday from**  
**February 1st through April 12th, 2017.**

**Walk in only. The Trumbull Library offers free income tax prep on Fridays from 10:00 AM—1:00 PM.**

#### What to bring:

- **Photo ID, Social Security Number/Card, Copy of your 2016 tax return**
- **Social Security Statement, SSA 1099**
- **All tax forms received for tax year 2016**
- **End of year investment statements**
- **Documentation to support itemized deductions or credits claimed (medical, taxes, contributions)**



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### **Senior and Disabled Persons** *Volunteer Tax Relief*

The town has established a program of *tax relief* for qualifying seniors and disabled persons who choose to give their time, talent and energy by volunteering to provide services to the town. Qualifying taxpayers, who volunteer to provide one hundred (100) hours of service to the Town of Trumbull, shall be eligible for a *tax* credit of a fixed amount up to \$600 upon his or her real estate taxes. In order to qualify for the benefits of this Volunteer Tax Relief Program, residents:

- At the close of the preceding calendar year must be sixty-five (65) years of age and over, or whose spouses, living with them, are sixty-five (65) years of age or over, or sixty (60) years of age or over and the surviving spouse of a taxpayer qualified in this municipality under this section at the time of his or her death or with respect to real property on which such residents or their spouses are liable for taxes
- At the close of the preceding calendar are eligible in accordance with applicable federal regulations to receive permanent total disability benefits under Social Security,
- Are qualified for permanent total disability benefits under any federal, state or local government retirement or disability plan, including the road Retirement Act and any government-related teacher's retirement plan.
- Own or be held in trust for their benefit and occupy as their principal residence, real property in the Town of Trumbull or be liable for the payment of taxes.

Volunteer hours are to be completed in one (1) calendar year. The *tax* credit earned shall be applied to the *tax* bill issued for payment in July of the year following the calendar year of service. Please contact the First Selectman's office at (203) 452-5005 or the Senior Center at (203) 452-5199 if you would like to apply.

**Viola's Fun with Beads : Last Tuesday of the month April 25th****1:00 PM—3:00 PM**

This workshop is for beginners to advanced jewelry makers. Bring your jewelry in for repairs and/or purchase handmade beads. Make new items such as necklaces, earrings, and bracelets. Beads are not included, you are welcome to bring in your beads. There is no cost for this class, supplies are not included.



Jim Fitzpatrick is a Licensed Acupuncturist. Before returning as a private practitioner of Traditional Chinese Medicine, Jim had been the Clinical Director at the University of Bridgeport Acupuncture Institute. Jim will be

holding two community acupuncture sessions each month at the Center. The fee for one session is \$15.00. Each session is one hour. To RSVP, please call (203) 452-5137.

**Sue's Salon**

Haircuts for men &amp; women

Manicures & pedicures performed by a licensed professional. For an appointment, call (203) 981-7061

**Price List:**

Shampoo/set/blow dry: \$15.00

Shampoo/cut: \$18.00

Neck Trim: \$10.00

Color/cut/set: \$50.00 +

Perm/wash/cut/set/blow dry: \$65.00

**Art Classes**

- **Watercolor classes:** Tuesdays or Thursdays at 9:00 AM
- **Drawing:** Mondays at 9:45 AM
- **Oil Painting:** Fridays at 10:00 AM



*Instruction is available for beginners*

**The Trumbull Arts Commission  
presents:**
**2017 "Concerts and Cabarets"**

**May 7th-Radio Ranch Country Western  
1:00 PM**

Cabaret seating, bring your own refreshments: \$5.00 per person

Pre purchase at Arts Office:

Contact: Emily Areson at 203-452-5065

\*Transportation is available. Reservations should be made through Emily Areson at 203-452-5065.

**The Wellness Nurse**
[tcryan@trumbull-ct.gov](mailto:tcryan@trumbull-ct.gov)

(203) 452-5134



Teresa Cryan, MSN, RN, APRN, is available at the Senior Center on Wednesdays and Thursdays, from 8:30 AM—3:00 PM. She is also available at Stern Village Housing in Trumbull on Mondays from 8:30 AM -3:00 PM.

**Wellness Nurse Services:**

- **Assesses and records blood pressure readings, nutritional counseling and weight management support**
- **Provides assistance with making doctor appointments**
- **Leads seated exercise program on Thursdays at 11:00 AM**
- **Dementia education, connection to resources, disease prevention, and awareness programs**



### Let's Go Green!

Sign up to receive our newsletter by e-mail.

To do our part for the environment, we would like to decrease the amount of newsletters that are sent through the mail. If you would like to receive your newsletter solely through e-mail, please let us know! Simply send us an email letting us know you would like to "go green." Email: Jeannie Franco at [jfranco@trumbull-ct.gov](mailto:jfranco@trumbull-ct.gov)



### How Can I Donate?

**The Trumbull Senior Center is supported by the Town of Trumbull's budget and donations.**

**100% of your donation goes towards adding additional programs and events .**

**All donations are tax deductible and checks can be made payable to the Trumbull Senior Center.**

**Please stop by and take a tour. We can't thank you enough for your support!**

### Wish List

- Colored Pencils
- Fabric Tablecloths
- Framed artwork
- Office Supplies
- Coffee
- Book Donations

### Volunteers Wanted

- Magazine Organizer
- Book Volunteer to organize our small library
- Food Pantry Volunteers to help stock shelves

**Please call (203) 452-5137**

Like us on  
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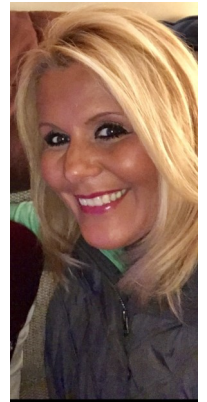
### Meet the Staff:

Jeannie Franco

With a smile and kind words for everyone, Jeannie Franco comes to the Trumbull Senior Center after three decades in advertising and customer care at Hearst newspapers and the Connecticut Post. She has held various positions within the Town of Trumbull at the First Selectman's Office, Parks and Recreation, and the Trumbull Health Department.

Jeannie brings a wealth of knowledge and skills to the team.

The Center is very lucky to have her as part of our staff.





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 **WinnResidential** A non-denominational community owned by the Diocese of Bridgeport. Professionally managed by WinnResidential. 

**The Trumbull Senior Center would like to thank**

**Trumbull Stop and Shop for their St. Patrick's Day cookies**

**and**

**Benchmark Senior Living for their weekly lunches for our programs.**

**Medical, social, shopping rides and more!:** The Senior Center provides transportation to Trumbull residents, age 60 and over and/or age 55-59 and disabled, along with their caregivers. Rides are offered Monday thru Friday. Rides are for those traveling to and from the senior center, medical appointments, legal appointments and nutrition programs.

**The Bruce Museum and Bull Head's Diner**  
**Tuesday, April 25th**

Take a ride to visit the Bruce Museum in Greenwich and view the art exhibition of French Impressionist Alfred Sisley (1839-1899). After the exhibit, enjoy lunch at the Bull Head's Diner in Stamford.

Admission to the museum is free; you are responsible for the cost of your lunch. For more information and to RSVP, please call (203) 452-5137.

**Time Schedule:**

- Bus will leave the center by 10:30 AM.
- The Bruce Museum from 12:00 PM—1:30 PM
- Bull Head's Diner from 2:00 PM—3:00 PM
- Bus will return to the center by 4:00 PM.

**Tapestry: The Carol King Songbook at**  
**Nelson Hall Theater**  
**Thursday, April 27th**

Visit the Nelson Hall Theater in Cheshire to see the musical Tapestry, the Carole King Songbook, featuring Suzanne O'Davis. This show recreates the sound and vibe of a 1970's Carole King concert experience following her legendary album, Tapestry.

Before the show, enjoy lunch at Nelson Hall's delicious on site restaurant called the Spring House Bistro. Tickets cost \$26.00 per person; you are responsible for the cost of your lunch. Please make checks payable to Elim Park. Checks only. Payments are due at the time of reservation. To RSVP by April 13th, please call (203) 452-5137.  
Maximum of 25 people.

**Time Schedule:**

- Bus will leave the center by 11:00 AM
- Spring House Bistro from 12:00 PM—1:00 PM
- Show: 2:00 PM—4:00PM
- Bus will return to the center by 5:00 PM

## Weekly Shopping Trips

- **Thursday, April 6th — Savers and lunch at Duchess Family Restaurant in Orange**
- **Thursday, April 13th — Kmart, Ocean State Job Lot, Dollar Tree in Milford**
- **Thursday, April 20th — Clinton Crossing Premium Outlets**

Maximum of 14 passengers per trip.

Time schedules are from 10:30 AM—12:30 PM.

For more information and to RSVP, please call 203-452-5137.

Do you have a transportation suggestion?

Please give us a call.

We are always open to suggestions.

### Regularly Scheduled Shopping

- **Tuesdays: Stop and Shop**

**Stern Village Residents**

- **Wednesdays: Stop and Shop**

**Please call 203-452-5137  
to sign up!**

**Hyde Park:  
Culinary Institute \* FDR Home & Museum**

Date: Wednesday, June 7th, 2017

Depart: 7:00 AM, Trumbull Senior Center

Estimated Return Time: 6:45 PM

Cost: \$107.00 Per Person

Includes: Transportation, Tour of the Culinary Institute, Lunch, Tour of PDR Home and Museum,  
All Taxes and Gratuities (including driver)



**ONE WORLD OBSERVATORY:**

Date: June 29th, 2017

Cost: \$119.00 Per Person

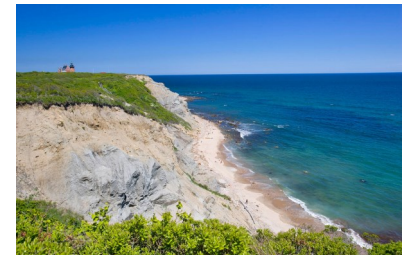
Includes: Transportation, Admission to the One World Observatory-Freedom Tower,  
Lunch at Carmine's, Gratuities for Driver and Tour Director

**Block Island Breeze**

Date: August 14th

Cost: \$122.00 Per Person

Includes: Transportation, Roundtrip Ferry, Guided Tour of the Island,  
Lunch at the National Hotel, Taxes and Gratuities



**More Upcoming Trips:**

- **Coins & Claws Casino and Lobster at Abbots**—July 6th or 7th
- **Saratoga Off to the Races!** —August 3rd
- **9/11 Memorial and Museum**—September 6th
- **The Big E**— September 20th
- **Oktoberfest**—October 19th
- **Radio City Christmas Show in NYC**—November 17th.
- **Brooklyn's Holiday Lights**—December 4th
- **An Amish Christmas Getaway featuring "The Miracle of Christmas" at Sight & Sound**  
December 6th-8th
- **Boars Head Feast at the Williams Inn**—December 12th

*For more information about certain trips, please stop by the Center for a flyer and/or call  
(203) 452-5137 and reference which trip you may be interested in.*



## News from Social Services

### What Does Social Services Do?

- Home Care Referrals
- Housing referrals and application assistance
- Long Term Care questions
- Medicare Counseling
- Benefit assistance such as SNAP, Medicaid, Energy, and prescription assistance
- Food Pantry assistance

Bring your questions, ask us if we can help you or someone you know.

**Energy Assistance:** The Connecticut Energy Assistance Program (CEAP) helps households pay for primary heating bills. If the household's primary heating costs are included in your rent, you may also apply for assistance. Please call Social Services directly at 203-452 5198 for program guidelines, required documentation, and to schedule an appointment. Home bound visits are available upon request-please no walk-ins.

### Medicare Savings Program

Would you like help with your Medicare costs?

**You could be eligible for the Medicare Savings Program. If your income is at or below \$2,435.40/month for single person and \$3,284.10/month for married couples,** some of your Medicare premiums and prescription costs could be at a lower cost or free. There is no asset limit. Depending on the level of the program you qualify for, you could get help with:

- Payment of Medicare Part B monthly premiums and annual deductible
- Payment of co-insurance and deductible amounts for services covered under both Medicare Parts A and B.
- Automatic enrollment in the low income subsidy for those on Medicare Part D. This program will partially subsidize or completely cover your Medicare Part D premium and lower your prescription costs to just \$2.95-\$7.40. There is also continued coverage through the "donut hole."

### Senior and Totally Disabled Homeowner Tax Relief Program

The Trumbull Tax Assessor's Office is accepting applications for tax relief benefits starting February 1, 2016 through May 15, 2017 on a walk-in basis. Social Services is available for scheduled appointments as well as home bound visits and can be reached at (203) 452-5198.

Homeowners on the tax relief program, who are due to renew with their 2016 income have received renewal reminder letters in the mail. New applicants are welcome.

The state and town tax relief programs is based on age, residency and income qualifications. The town income limit is \$70,000. The state income is \$42,900 (married) and \$35,200 (single).

For further information, please call the Trumbull Tax Assessor's Office at 203-452-5018 or visit our website at [www.trumbull-ct.gov](http://www.trumbull-ct.gov).

### The Food Pantry is seeking donations:

- Paper towels & napkins
  - Toilet paper
- Laundry detergent
- Dish detergent
  - Tissues
  - Toiletries
  - Condiments
  - Pasta & sauce

### Would you like to help a family with home heat, groceries, or emergency housing?

Donations can be made to the Social Services Department. 100% of all donations made to the Social Services Department are used solely to assist Trumbull residents with heating assistance, food shopping, and emergency housing. Trumbull is an exceptional place to live, with many residents always willing to lend a hand !

**Trumbull Food Pantry at Priscilla Place. Please call for inquiries.  
Transportation is available for pantry shoppers. Call 203-452-5137**





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[www.synergyhomecare.com](http://www.synergyhomecare.com)

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## Wesley Village

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580 Long Hill Avenue, Shelton



**Abriola Parkview**

**Funeral Home**

**419 White Plains Road**

**Trumbull**

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**SHORT TERM REHAB/ LONG TERM CARE**



# April

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 Stretch <b>3</b> 9:45 Drawing <b>10:00 Folk Dance</b> 10:00 Poker 10:30 Bridge 12:45 Line Dance 2:00 Yoga	9:15 Fit for Life <b>4</b> 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 11:30 Zumba Lessons 12:30 Dominoes 12:30 Artists' Studio <b>1:00 Computer Bar</b> 1:30 Tai Chi Quan	9:00 Yoga <b>5</b> 10:00 Poker 10:10 Jazzercise 11:00 Tap Dance 12:30 Pinochle 1-4 Billiards	9:00 Balance & Core <b>6</b> 9:30 Water Colors 10:00 Slim Approach 10:15 Jazzercise <b>10:30 Coffee Talk</b> <b>10:30 Computer Tutor</b> 11:00 Chair Exercise 11:30 Latin Line Dance 1:30 QiGong <b>6:00 Yoga with Wendy</b> <b>6:00 Mark Albertson</b>	9:00 Dance & Tone <b>7</b> 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 12:30 Mahjong 12:30 Pinochle 1-4 Billiards Game
9:00 Stretch <b>10</b> 9:45 Drawing <b>10:00 Folk Dance</b> 10:00 Poker 10:30 Bridge <b>10:30 Acupuncture</b> 12:45 Line Dance 2:00 Yoga	9:15 Fit for Life <b>11</b> 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance <b>11:00 Lions Low Vision</b> 11:30 Zumba Lessons 12:30 Dominoes 12:30 Artists' Studio <b>1:00 Computer Bar</b> 1:30 Tai Chi Quan	9:00 Yoga <b>12</b> 10:00 Poker 10:10 Jazzercise <b>10:30 Heart Healthy Demo</b> 11:00 Tap Dance 12:30 Pinochle 1-4 Billiards	9:00 Balance & Core <b>13</b> 9:30 Water Colors 10:00 Slim Approach 10:15 Jazzercise <b>10:30 Coffee Talk</b> <b>10:30 Computer Tutor</b> 11:00 Chair Exercise 11:30 Latin Line Dance 1:30 QiGong <b>6:00 Yoga with Wendy</b>	<b>14</b>  <b>The Center will be closed in observance of Good Friday.</b>
9:00 Stretch <b>17</b> 9:45 Drawing <b>10:00 Folk Dance</b> 10:00 Poker 10:30 Bridge 12:45 Line Dance 2:00 Yoga	9:15 Fit for Life <b>18</b> 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance <b>11:30 Energize CT</b> 11:30 Zumba Lessons 12:30 Dominoes 12:30 Artists' Studio <b>1:00 Computer Bar</b> 1:30 Tai Chi Quan	9:00 Yoga <b>19</b> 10:00 Poker 10:10 Jazzercise <b>10:30 Mark Albertson</b> 11:00 Tap Dance 12:30 Pinochle 1-4 Billiards Game	9:00 Balance & Core <b>20</b> 9:30 Water Colors 10:00 Slim Approach 10:15 Jazzercise <b>10:30 Coffee Talk</b> <b>10:30 Computer Tutor</b> 11:00 Chair Exercise 11:30 Latin Line Dance 1:30 QiGong <b>5:30 Panel Discussion</b> <b>6:00 Yoga with Wendy</b>	9:00 Dance & Tone <b>21</b> 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi <b>11:15 Lunch and Movie</b> 12:30 Mahjong 12:30 Pinochle 1-4 Billiards Game
9:00 Stretch <b>24</b> 9:45 Drawing <b>10:00 Folk Dance</b> 10:00 Poker 10:30 Bridge <b>10:30 Acupuncture</b> 12:45 Line Dance 2:00 Yoga	9:15 Fit for Life <b>25</b> 9:30 Water Colors 10:00 Knit/Crochet <b>10:30 Bruce Museum</b> 10:30 Ballroom Dance 11:30 Zumba Lessons 12:30 Dominoes 12:30 Artists' Studio <b>1:00 Computer Bar</b> 1:30 Tai Chi Quan	9:00 Yoga <b>26</b> 10:00 Poker 10:10 Jazzercise 11:00 Tap Dance 12:30 Pinochle <b>1:00 Fraud Watch</b> 1-4 Billiards Game	9:00 Balance & Core <b>27</b> 9:30 Water Colors 10:00 Slim Approach 10:15 Jazzercise <b>10:30 Coffee Talk</b> <b>10:30 Computer Tutor</b> 11:00 Chair Exercise <b>11:00 Carol King Show</b> 11:30 Latin Line Dance 1:30 QiGong <b>6:00 Yoga with Wendy</b>	9:00 Dance & Tone <b>28</b> 10:00 Oil Painting 10:00 Poker <b>10:00 Commission</b> 10:15 Tai Chi <b>11:30 Monthly Birthday</b> 12:30 Mahjong 12:30 Pinochle <b>1:00 Bingo</b> 1-4 Billiards Game
<div>  <p style="text-align: center;"> <b>Do you enjoy playing poker?</b>            The Trumbull Senior Poker Club is            searching for new members.  <b>Please call (203) 452-5137</b> </p> </div>				

# Greater Bridgeport Senior Community Café

Trumbull Café 203-378-3086

LS: Low Salt

1% or Skim milk provided  
Margarine available

## April, 2017

### MENU ITEMS SUBJECT TO CHANGE

**SUGGESTED DONATION \$3.25**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Vegetable Soup  Veal Parmigiana Pasta Peas  Pineapple	4 Tossed Salad  Meatloaf with Gravy Mashed Potatoes Cauliflower  Cookies	5 Navy Bean Soup  Southern Fried Chicken Tater Tots Creamed Spinach  Rice Pudding	6 Caesar Salad  Vegetable Lasagna Broccoli Garlic Bread  Watermelon	7 Mixed Greens  Crab Cakes Carrots with Dill Roasted Potatoes  Tropical Fruit Cup
10 Potato Leek Soup  Roast Turkey with Gravy Stuffing Vegetable Casserole  Fruited Jell-o	11 Tossed Salad  Fresh Beef Brisket Braised Red Cabbage Potatoes and Onions  Apples	12 <b>Easter Special</b> Carrot Bisque  Baked Honey Ham Yams Green Beans  Wildberry Pie	13 Beet Salad  Roast Chicken with Orange Glaze Potatoes Mixed Vegetables  Fruit Cocktail	14 <b>Good Friday Closed</b> 
17 Corn Chowder  Citrus Roast Chicken Wild Rice Blend Brussels Sprouts  Melon	18 Vegetable Salad  Cheese Ravioli with Basil Marinara Spinach  Banana	19 Vegetable Barley Soup  Mustard Crusted Pork Brown Rice Carrots  Butterscotch Pudding	20 Tossed Salad  Fettuccini Alfredo Peas Garlic Bread  Cantaloupe	21 Chicken Soup  Beef Stew Dutch Noodles Root Vegetables  Ice Cream
24 Split Pea Soup  Cheese and Spinach Calzone Caesar Salad  Éclair	25 Mixed Greens  Roast Beef with Caramelized Onion Carrots Roast Peppers  Pineapple	26 Beef Vegetable Soup  Spinach Quiche Green Bean and Potato Vinaigrette  Cherry Pie	27 Caesar Salad  Spaghetti and Meatballs Garlic Bread  Fresh Orange	28 Black Bean Soup  Herb Roast Chicken with Cranberry Sauce Polenta Roast Eggplant and Tomato  Fruit Salad
For Lunch Reservations, Please Call  Reservations <b>MUST</b> Be Made 2 Days In Advance	 			